

Green Road Community Center

Summer 2018 Classes and Programs



Preschool Classes

Ballet Basics I: (age 3) - Learning ballet is one of the most rewarding and enjoyable activities there is! Participants will explore the fundamentals of ballet, including body alignment, basic ballet terminology and principles of postures. Participants will learn to follow instructions while having fun. Prior experience is not necessary. Instructor: Hanna Chi, BA in dance and private studio teaching.
Class Fee: \$70.00

#219848	May 5 - June 23	Sat 10:00-10:45 am
#219849	July 7 - Aug 18	Sat 10:00-10:45 am

Ballet Basics II: (ages 4-6) - Young ballet dancers will work on each ballet movement in barre exercise and center exercise and gradually move into combining each move into phrases. They will also gain a sense of awareness, body coordination and body alignment. While dancers focus on a structured lesson plan, they're encouraged to develop their own creativity. Prior experience is not necessary. Instructor Hanna Chio has a BA in dance and private studio teaching.
Class Fee: \$70.00

#219850	May 5 - June 23	Sat 11:00-11:45 am
#219851	July 7 - Aug 15	Sat 11:00-11:45 am

Soccer - Mini Kickers: (ages 3-5) - This introduction in skills development teaches the basics of soccer, including drills in passing, dribbling & shooting. Class will help develop hand-eye coordination, listening skills, good sportsmanship & teamwork.

Class Fee: \$36.00

#219886	May 7 -21	Mon 6:00-6:45 pm
#219887	June 4 - 25	Mon 6:00-6:45 pm
#219888	July 9 - 30	Mon 6:00-6:45 pm
#219889	Aug 6- 27	Mon 6:00-6:45 pm

Basketball - Little Shooters: (ages 3-5) - This is a skills, drills & play basketball class. Players learn the basics, including dribbling, shooting, passing, one-on-one, offense-defense & team play fundamentals for a rewarding, noncompetitive sports experience.

Class Fee: \$36.00

#219856	May 1 -22	Tues 6:00-6:45 pm
#219857	June 5 - 26	Tues 6:00-6:45 pm
#219858	July 10 - 31	Tues 6:00-6:45 pm
#219859	Aug 7 - 28	Tues 6:00-6:45 pm

All Sports - Little Starters: (ages 3-5) - Want to try several sports? Little Starters introduces a different sport each week. Sports may include baseball, football, hockey, lacrosse and others. Get your game on!

Class Fee: \$36.00

#221873	June 9 -30	Sat 11:00-11:45 am
#221874	July 7 - 28	Sat 11:00-11:45 am
#221875	Aug 4 - 25	Sat 11:00-11:45 am

Youth/Teen Classes

Ballet Basics III: (ages 6-8) - Designed for youngsters with or without prior dance experience, this class emphasizes coordination of ballet movements properly & safely. They will discover the joy of combining movements into phrases, while also developing their own creativity & expression.

Instructor Hanna Chio has a BA in dance and private studio teaching.

Course Fee: \$70.00

#219852	May 5 - June 23	Sat 12:00-12:45 pm
#219853	July 7 - Aug 18	Sat 12:00-12:45 pm

Ballet Basics IV: (ages 8-13) - Young dancers will gain a sense of awareness of body coordination & body alignment. Participants will work on ballet movements in barre & center exercises. While dancers focus on structural lesson plans, they are encouraged to develop their own creativity. Prior experience is required for this course. Instructor Hanna Chio has a BA in dance and private studio teaching.

Class Fee: \$70.00

#218854 May 5 - June 23 Sat 1:00-1:45 pm
#218855 July 7 - Aug 18 Sat 1:00 -1:45pm

Basketball Skills for Beginners: (ages 6-9) - Just can't get enough basketball? This class will stress the fundamentals of basketball with an emphasis on fun. Basic techniques of dribbling, shooting & passing along with other drills for ball control will be taught. Be prepared to sweat, learn & have a good time!

Class Fee: \$40.00

#219863 May 5- June 2 Sat 10:00 - 10:45am
#219864 Jun 9 - 30 Sat 10:00 - 10:45am
#219865 Jul 7 - 28 Sat 10:00 - 10:45am
#219866 Aug 4 - 25 Sat 10:00 - 10:45am

Basketball - Skill Development and Training

Clinic: (ages 10-14) - This fun and instructional program is designed to focus on the player's individual skill development. Drills will put an emphasis on ball handling, shooting and finishing. Players will also get a chance to work on offensive/defensive spacing, passing and defensive foot-work. Players will have the opportunity to work on these skills in game situation drills and small-sided scrimmages. Learn teamwork and cooperation, a skill that will last forever.

Class Fee: \$45.00

#219860 May 5- June 2 Sat 12:00 - 1:30pm
#219861 Jun 9 - 30 Sat 12:00 - 1:30pm
#219862 Jul 7 - 28 Sat 12:00 - 1:30pm
#219927 Aug 4 - 25 Sat 12:00 - 1:30pm

Zumba at Green Road with Maria Williams:

(ages 12+) When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they are getting fit and their energy levels are soaring! There's no other fitness class like a Zumba fitness party. It's easy to do, effective and totally exhilarating, often building a deep-rooted sense of community among returning students. Saturday classes are held at 1:00pm. Certified Zumba instructor: Maria Elena de Leon Angel Williams.

Class Fee: \$5.00 per day or -Class Pass: \$25.00

May 3 - August 31 M, W, F 6:00-7:00 pm

Urban (Soul) Line Dancing: (ages 16+) -

You are invited to learn and follow the latest and all-time favorite line dances to urban contemporary, classic R&B/soul and country music. Lessons cover beginner through advanced line dances and improvisational dance techniques. Line dancing is a great form of exercise that is popular at social occasions.

Class Fee: \$5.00 per day

#219891 May 7- Aug 27 Mon 7:00 - 8:30 pm

Adult Classes

Zumba at Green Road with Maria Williams:

(ages 12+) When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they are getting fit and their energy levels are soaring! There's no other fitness class like a Zumba fitness party. It's easy to do, effective and totally exhilarating, often building a deep-rooted sense of community among returning students. Saturday classes are held at 1:00pm. Certified Zumba instructor: Maria Elena de Leon Angel Williams.

Class Fee: \$5.00 per day or -Class Pass: \$25.00

May 3 - August 31 M, W, F 6:00-7:00 pm

Green Road Walking Club: (ages 18+) - Meet new friends, improve your health, and stay active with this free course! Come out to Green Road Community Center during those cold winter months! Walk at your own pace!

Class Fee: Free

#219925 Mon-Fri 10:15 - 11:30am

Green Road Open Gym: (ages 18+) - Green Road has open gym in Gymnasium #1 for ages 18 and up. Players must present a valid photo ID to staff who will hold it while you play. We must have an Adult Open Play Registration Form on file, and you must also sign in daily with the front desk.

Class Fee: Free

#219924 Friday 6:30 - 8:00pm

Urban (Soul) Line Dancing: (ages 16+) -

You are invited to learn and follow the latest and all-time favorite line dances to urban contemporary, classic R&B/soul and country music. Lessons cover beginner through advanced line dances and improvisational dance techniques. Line dancing is a great form of exercise that is popular at social occasions.

Class Fee: \$5.00 per day

#219891 May 7- Aug 27 Mon 7:00 - 8:30 pm

Exercise - Weight Room/Fitness Room Daily

Pass: (ages 18+) - Check out the fitness room at Green Road! Take advantage of the variety of cardiovascular and strength training equipment available at Green Road and get into shape. The fitness rooms will be open during normal center operating hours. Participants must be 18 years of age or older. Please see staff for additional information.

May 1 - August 31

Fee:

City Wide Membership - \$20

Daily Fee - \$2.00

Monthly Fee - \$10.00

Monday - Friday 10:00 am - 9:00pm

Saturday 9:00 am - 3:00 pm

Sunday 1:00 pm - 6:00 pm

English as Second Language (ESL): (ages 18+) These beginner-level classes are designed for people who use a primary language other than English and are interested in learning important skills to communicate in English. Estas clases se ofrecen a niveles basicos. Las clases están diseñadas para gente que no habla inglés como su primer idioma y que están interesadas en aprender términos básicos para comunicarse en el idioma inglés.

Class Fee: Free

#220595 May 12 - June 23 Sat 11:30am - 1:00pm
#220596 July 14 - Aug 18 Sat 11:30am - 1:00pm

Senior Classes

Bingo: Age: 55 years & up. Come & enjoy making friends & sharing lots of laughs while playing bingo! This is not your typical bingo. We play a variety of games from straight bingo to Four Corners, Postage Stamp & Clear All. Cost is 50 cents per card, or \$1 for 3 cards.

#219867 May 1 - June 5 Tues 10:00-1:00 pm
#219868 June 12 - Aug 28 Tues 8:00- 11:00am

Zumba at Green Road with Maria Williams: (ages 12+) When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they are getting fit and their energy levels are soaring! There's no other fitness class like a Zumba fitness party. It's easy to do, effective and totally exhilarating, often building a deep-rooted sense of community among returning students. Saturday classes are held at 1:00pm. Certified Zumba instructor: Maria Elena de Leon Angel Williams.

Class Fee: \$5.00 per day or -Class Pass: \$25.00

May 3 - August 31 M, W, F 6:00-7:00 pm

Urban (Soul) Line Dancing: (ages 16+) -

You are invited to learn and follow the latest and all-time favorite line dances to urban contemporary, classic R&B/soul and country music. Lessons cover beginner through advanced line dances and improvisational dance techniques. Line dancing is a great form of exercise that is popular at social occasions.

Class Fee: \$5.00 per day

#219891 May 7- Aug 27 Mon 7:00 - 8:30 pm

Exercise - Weight Room/Fitness Room Daily Pass: (ages 18+) - Check out the fitness room at Green Road! Take advantage of the variety of cardiovascular and strength training equipment available at Green Road and get into shape. The fitness rooms will be open during normal center operating hours. Participants must be 18 years of age or older. Please see staff for additional information.

May 1 - August 31

Fee:

City Wide Membership - \$20

Daily Fee - \$2.00

Monthly Fee - \$10.00

Monday - Friday 10:00 am - 9:00pm

Saturday 9:00 am - 3:00 pm

Sunday 1:00 pm - 6:00 pm

Qigong: (ages 18+) Qigong (pronounced chee-gong) postures promote energetic and internal organ health. This class offers the opportunity to engage in numerous therapeutic postures that use gentle, safe movements. Posture modifications can be made for those with physical limitations. Time will be dedicated to qigong breathing instruction, meditation and body energy flow discussions. Join the class and enjoy the benefits of improved health.

Class Fee: \$36.00

#219882 May 2 - 30 Wed 10:30-11:30am
#219883 June 6 - 27 Wed 10:30-11:30am
#219884 July 11 - 25 Wed 10:30-11:30am
#219885 Aug 1 - 29 Wed 10:30-11:30am

Shibashi for Active Adults: (ages 18+) Shibashi is a gentle, free-flowing qigong routine utilizing movements from Yang style tai chi. The routine consists of an easy-to-remember sequence of 18 meditative movements emphasizing proper posture and deep breathing. There will be visualization practice and discussions explaining how you can cultivate energy that results in improved health. As you gain knowledge of the routine, the increased repetitions will result in improved flexibility and strength. You will also experience better concentration and periods of sustained relaxation and stress relief. Seated modifications will be available for those with physical limitations. Join this wonderful class and enjoy the changes it will make in your life!
Class Fee: \$24.00

#219920 May 2 - July 25 Wed 11:30-12:30pm
#219923 Aug 1 - 29 Wed 11:30-12:30pm

Mahjong Madness: (ages 18+) Qigong (pronounced chee-gong) postures promote energetic and internal organ health. This class offers the opportunity to engage in numerous therapeutic postures that use gentle, safe movements. Posture modifications can be made for those with physical limitations. Time will be dedicated to qigong breathing instruction, meditation and body energy flow discussions. Join the class and enjoy the benefits of improved health.

Class Fee: Free

#229673 May 1 - Aug 28 Tue 1:00- 4:00pm

Summer Camps

FUN-damentals Basketball Camp I: (age 8-12) - Why do basketball players love cookies? Because they can dunk them! FUN-damental Basketball Camp I is a fun yet instructional camp, that focuses on individual skill development. Instruction includes drills and game situations with an emphasis on ball-handling, shooting, and passing. Campers learn basketball principles and rules to help them master proper technique. Instructional time is from 9:00am to 4:00pm. Campers will participate in a variety of recreational activities during non-instructional time. Participants should bring a lunch, two snacks and a reusable water bottle each day.

Class Fee: \$145.00

#218551 June 18 - 22 8:00am- 6:00pm

FUN-damentals Basketball Camp II: (age 8-12) - Why do basketball players still love cookies? ... Because they can still dunk them! FUN-damentals Basketball Camp II will reinforce and build on the individual skill development gained through Session I or previous basketball experience. With an added emphasis on team aspects, campers will utilize skills during game situations, team drills, and scrimmages. Campers will learn teamwork and cooperation, a skill that will last forever! Instructional time is from 9:00am to 4:00pm. Campers will participate in a variety of recreational activities during non-instructional time. Participants should bring a lunch, two snacks and a reusable water bottle each day.

Class Fee: \$145.00

#218552 July 9 - 13 8:00am- 6:00pm

FUN-damentals Volleyball Camp: (age 8-12) - There's no better time than now to start playing the sport of volleyball! Basic FUN-damentals Volleyball Camp will ignite and excite participants about the fun competition of volleyball. Campers will learn and practice setting, spiking, blocking, digging, serving, and other fundamental principles in various drills and game situations. This camp is designed for experienced players to improve on their skills as well as beginners to learn about the game of volleyball. Instructional time is from 9:00am to 4:00pm. Campers will participate in a variety of recreational activities during non-instructional time. Participants should bring a lunch, two snacks and a reusable water bottle each day.

Class Fee: \$145.00

#218553 Aug 6 - 10 8:00am- 6:00pm

Full STEAM Ahead: (age 8-12) - This camp didn't forget about the ARTs when it comes to STEM (Science, Technology, Engineering, and Math)! By incorporating art in the STEM curriculum, camper's creativity will become front and center. Participants will experience a curriculum that is fundamentally packed with engaging activities and content that promotes hands on learning. Campers will participate in a variety of programs ranging from math challenges to music lessons. We are committed to our participants moving Full STEAM Ahead! Instructional time is from 9:00am to 4:00pm. Campers will participate in a variety of recreational activities during non-instructional time. Participants should bring a lunch, two snacks and a reusable water bottle each day.

Class Fee: \$175.00

#218549 June 25 - 29 8:00am- 6:00pm

#218550 June 25 - 29 8:00am- 6:00pm

Green Road Adventures Camp (age 6-11) - Get ready for a week of nonstop fun and excitement where you can end summer with a Bang! Green Road Adventures summer day camp is packed full of team-building activities, relays, scavenger hunts, trivia, arts/crafts, and other exciting adventures. Green Road Adventures camp is definitely the spot for campers who are ready to laugh until they pop, and play until they drop! Fields trips will be taken throughout the week! Program hours are 9:00am-4:30pm. Early drop-off begins at 7:30am and all campers should be picked up by 6:00pm. Participants should bring a lunch, reusable water bottle, and two snacks each day.

Class Fee: \$150.00

#218554 Aug 13 - 17 8:00am- 6:00pm

#218555 Aug 20 - 24 8:00am- 6:00pm

Athletic Teams/Leagues

Youth Cheerleading: (ages 7-13) The Athletics Division, in coordination with the community centers, is offering cheerleading for ages 7-13. Registration is July 16 until filled (through July 27). Squads will be organized with the youth football teams in the City of Raleigh league. League age is determined by age of participant as of August 31, 2018. Internet registration is not available. For more information, please contact the Athletics Division at 919-996-6836.

#223186

League Fee:

\$55 for Raleigh residents

\$70 for non-Raleigh residents

Youth Mitey Mite Tackle Football: (ages 7-9). The Athletics Division, in coordination with community centers, is offering tackle football for ages 7-9 (weight 45-95 pounds). Registration is July 16 until filled. (Last day of registration is July 28.) League age is determined by August 31, 2018. Fee is \$55 for Raleigh residents and \$70 for non-Raleigh residents.

#222902

League Fee:

\$55 for Raleigh residents

\$70 for non-Raleigh residents

Youth Little League Tackle Football: (ages 9-11). The Athletics Division, in coordination with community centers, is offering tackle football for ages 9-11 (weight 75-125 pounds). Registration is July 16 until filled. (Last day of registration is July 27.) League age is determined by August 31, 2018. Fee is \$55 for Raleigh residents and \$70 for non-Raleigh residents.

#223206

League Fee:

\$55 for Raleigh residents

\$70 for non-Raleigh residents

Youth Little League Tackle Football: (ages 11-13). The Athletics Division, in coordination with community centers, is offering tackle football for ages 11-13 (weight 100-160 pounds). Registration is July 16 until filled. (Last day of registration is July 29.) League age is determined by August 31, 2018. Fee is \$55 for Raleigh residents and \$70 for non-Raleigh residents.

#222925

League Fee:

\$55 for Raleigh residents

\$70 for non-Raleigh residents

